Hawaii Marine C Section February 20, 2004

1/12 holds off Titans, 9-6



First baseman Tyler Largent, of 1/12, hits a grounder that slips through the Titans' infield defense for a base hit early in the fifth inning.

Sgt. Joseph A. Lee Combat Correspondent

Center fielder Anthony Witt made the diving open-field catch for 1st Battalion, 12th Marine Regiment, that sealed the battalion's first intramural baseball win, 9-6, Tuesday night versus the Titans of Headquarters Battalion, Marine Corps Base Hawaii.

"It was a hard-fought game," said 1/12 shortstop Angel Hernandez, whose consistent infield saves kept the Titans from overtaking 1/12 late in the game. "They almost had me worried there for a bit, until our pitcher came through in the bottom of the seventh with two strikeouts."

The Titans' first at-bat in the bottom of the first was short-winded, as 1/12 pitcher and team captain, Carlos Moreira put down all three batters in stride.

Able to take the early lead, 1/12

was fortunate enough to capitalize on many Titan walks and outfield errors, which put runners in position for the eventual Justin Labman and Moreira strikes to the warning track, to give 1/12 a comfortable 5-0 lead at the top of the second

The bottom of the second brought hope for HQBN as it loaded the bases with a couple base hits and a walk. An attempted bunt to force some points on the board led to the first out of the inning, but kept the bases loaded. Two walks scored two runs for the Titans, and their pitcher, Joe Balcom, returned fire at the top of the third to keep the ball rolling for the Titans.

The Titans' third baseman kept the momentum swinging with a double over the second base. He then stole third, and eventually came home on a home-plate tip,

See 1/12, C-6

Military cadence sounds off at run

Lance Cpl. Michelle M. Dickson Combat Correspondent

HONOLULU — The sound of military cadence along with the beating of runners' feet against the pavement was the only sound that could be heard above the shouts and cheers of excited spectators during the 20th Annual Great Aloha Run, Monday

More than 22,000 athletes ran and walked the 8.15-mile course from Aloha Tower on Nimitz Highway to Aloha Stadium, in support of health and fitness, and financial assis-

tance to charities throughout the Hawaiian islands.

Marines and Sailors from both MCB Hawaii, Kaneohe Bay and Camp H.M. Smith H.M., participated in the military division called the "Sounds of Freedom" - formations comprised of service members who call cadence while running. In total, 5,470 military members participated in the division, which is 1,500 more than last year.

Corporal Joey Billot, squad leader, Alpha Company, 1st Battalion, 3rd Marine Regiment, ran the eight-mile run and was

See **RUN**, C-6



A formation of Marines take off on their 8.15 mile trek from Aloha Tower, resounding cadence the entire way.

Gymnasts exceed expectations

Cpl. Jessica M. Mills News Editor

HONOLULU — For the young, extracurricular activities may really help their outlook on life and keep their days exciting. Some choose baseball or soccer, or even ballet, but for those who want to meet a stricter, more rigorous physical challenge, there is gymnastics.

The twists, turns, flips and rolls that are of lowerlevel gymnastics instruction may challenge and defeat chance to train for a few even some adults, but the kids at K-Bay Gymnastics MCB Hawaii, aboard Kaneohe Bay, met, overcame and emerged victorious during the USA Gymnastics Level 4 State Championships 2004 at the Neil Blaisdell Center here, Sunday.

Two teams from K-Bay competed in the state championships: 6-8 year olds and 9-plus. Both teams have practiced together since July 2003 and competed in more than seven other competitions, including the Aloha

Gym Fest in Kailua last month. Sunday both teams competed in the fourth level of gymnastics instruction.

"We competed against other states and countries and did pretty well, but this is our last competition of the season,"said Coach Jason Haley, storage noncommissioned officer with Base Ordnance. "It looks to me like everybody should get advanced to the next level of competition, level

The teams only got a hours all week. Other gyms train sometimes twice that much. Still, the K-Bay Gymnastics team has won first and second place awards more than once in the 2003-2004 season.

During the state championships, the teams competed in four different categories: floor exercises, the vault, uneven bars and balance beam.

At the end of the competition, two of the three 6-8year-old team members

See **GYMNASTS**, C-6



Lindsey Muller, 10, does a handstand on the balance beam portion of the USA Gymnastics Level 4 State Championships 2004, Feb. 15.

Cheerleaders enjoy K-Bay experience

Sgt. Joseph A. Lee Combat Correspondent

Armed Forces Entertainment sponsored members of the Tennessee Titans Cheerleaders to visit MCB Hawaii, Kaneohe Bay, Feb. 12, to work with children during the day and keep service members entertained that same night as part of a six-day tour of Hawaii.

Fifteen Titans cheerleaders signed autographs at both Anderson Hall dining facility and the Marine Corps Exchange before meeting at the Semper Fit Center to conduct a cheerleading clinic with the base's own aspiring professional cheerleaders.

"We really enjoy working with the children in a clinic," said Sharon, one of the Titans cheerleaders. "They get totally pumped up, and they are ready to learn when we come out onto the floor. It's amazing how excited the children get sometimes."

But the children weren't the only ones excited to have a squad of professional cheerleaders on base. After their cheerleading clinic, the Titans group rested up before meeting and dancing with service members at Kahuna's Sports Bar & Grill, but only after first performing a runway style fashion show demonstrating the variety of ways tactical clothing can be worn.

"The military audience is so outgoing," said Lindsey. "To see what the military does on a daily basis allows

See **CHEERLEADERS**, C-6

BASE SPORTS

Edward Hanlon V MCCS Public Relations

February

20 / Today

Pool **Tournament** Kahuna's Recreation Center is hosting a free pool tournament with great prize giveaways. The tournament shoots off at 6 p.m.

Massage Therapy Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp H. M. Smith at 477-5197.

21 / Saturday

Championship Hawaii **Wrestling** — There's going to be a brawl at Kahuna's Sports Bar & Grill, but the Military Police That's won't be bothered.

because Hawaii Championship Wrestlers will be at the club May 3, and they are set to rock the ring from 7 to 9 p.m.

These wrestlers know all of the moves and are ready to show you their skills. All E-5s and below, DoD personnel and sponsored guests are all welcome to Kahuna's to view wrestling in its rawest form.

Also, the Budweiser Girls will be present, and there will be plenty of prize handouts. So, come in early and secure a

Active duty Marines and Sailors pay only \$8; all others pay \$10. The action will begin in the ballroom.

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective. Spend your day with family and friends off the windward coast to catch some exotic and tasty ocean fish.

Dive charters are available in the crystal clear waters surrounding Kaneohe Bay.

Call 254-7667 for more information.

and beat the heat at any one of the Marine Corps Community Services pools. With four locations to serve your swimming demands, there's sure to be one

Pool locations are at the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; at Camp Smith pool, Bldg. 125; and at Manana Housing pool, Bldg. 840.

23 / Monday

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

Parents for Fitness — This cooperative baby-sitting effort

Pool Plunge — Wet your feet is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Adventure Training Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do PT at the same time. Classes are offered in scuba, kayaking, power boating and water ski-

Adventure Training is offered at no charge to all MCB Hawaii units. Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

25 / Wednesday

Color Pin Special — Roll a strike when a colored pin is in

the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

28 / Saturday

Game On — Head to the Recreation Center for the latest in Xbox Gaming. Join the four on four Halo tournament by Lanvision, and vie for cool prize giveaways. Start time is 6 p.m. and the cost is \$12 per person.

For more information, call 254-7660.

March 2 / Tuesday

SM&SP Golf Clinic — Every Tuesday in March, the SM&SP is hosting golf clinics for \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament to be held on March 24.

Call the SM&SP office at 254-7593 for details.

Intramural Basketball Standings

	Wins	Losses
VP-4 Topside Dragons	4	0
ETD Monsters	3	0
MAG-24 Bulldogs	3	1
3rd Marines	3	1
Mess Hall	3	1
MALS-24 Warriors	2	2
CPRW-2	2	2
HQBN Second2None	1	2
VP-4 Skinny Dragons	1	3
HMH-363 Red Lions	1	3
MCAF	2	3
MALS-24 Supply	2	3
SNCO Academy	0	5
1/12	0	0

(Intramural Basketball standings are current as of Feb. 11.)

Base All Star

NAME: Carlos Moreira

UNIT: Headquarters Battery, 1/12

BILLET: Motor Transportation

SPORT: Baseball

POSITION: Pitcher

- Moreira was named First Team All-Region in high school.
- His best season was when he finished with a .510 batting average and four home runs.
- •He has been playing baseball since he was 6 years old.

"Who's the MVP? The team is my MVP!"

Intramural Baseball Standings

	Wins	Losses
MAG-24	4	1
HQBN	2	1
VP-4	2	2
VP-9	2	2
3/3	1	3
1/12	0	0

(Intramural Baseball standings are current as of Feb. 10.)

COMMUNITY SPORTS

UH Offers Military Free Tickets, Today

"We're pleased to be able to open the doors to men and women of the armed forces as a show of support for their critical role in the nation's defense," said University of Hawaii-Manoa Athletic Director Herman Frazier, regarding two more free college games for Hawaii military and their families.

A maximum of four free tickets may be obtained, in advance, per family, for either of the following athletic events, upon presentation of a valid ID card:

•Today at 6:30 p.m., UH-Manoa v. UH-Hilo at Les Murakami Stadium.

•Thursday at 7 p.m., UH-Manoa v. UCLA at the Stan Sheriff Center.

"We're proud to count a substantial military population as faithful Warrior athletic fans," added Frazier. "We hope to get a good turnout so that we can show our appreciation for all that they contribute to our community."

For more information about "Koa Aloha," which means "Warrior Aloha," contact Scott Harada at 956-6520 or harada@hawaii.edu.

Rugby Club Hosts Bash, Tomorrow Interested rugby enthusiasts are invited to join the Hawaii Harlequin Rugby Football Club for an exciting exhibition

match, Saturday beginning at 4 p.m. at responsible adult must accompany chil-Pop Warner Field aboard MCB Hawaii, Kaneohe Bay. An after-party will kick off at Kahuna's Sports Bar & Grill following the match.

Coaches Needed in Kailua

Kailua Intermediate School is looking for motivated individuals to coach the track team during the upcoming spring season. This is an opportunity to provide a positive experience in the lives of seventh and eighth graders looking to build pride in their school and participate as a member of a team.

The season is tentatively scheduled to begin in March and end in April. Contact Mrs. Wanda Machado at 263-1500, ext. 306, for volunteer information.

HTMC Hikes Waiau, Sunday

Join your fellow mountain men and women of the Hawaii Trail and Mountain Club on a seemingly neverending, but 12-mile Koolau ridge hike, Sunday at 8 a.m. Only the stout of heart and fleet of foot should venture on this advanced-level excursion to reach the distant summit. If you're interested, call coordinator Patrick Rorie at 676-2748 for more information.

• A \$2 donation is requested from each nonmember, ages 18 and over, and a

dren under 18. Firearms, pets, radios and other audio devices are prohibited.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

•Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

•Saturdays at 1 p.m., History Tours by van: Learn about and see significant historical landmarks on Bellows Air Force Station.

•Sundays at 8:30 a.m., History Tours by bike: Ride into off-limits areas on mountain bikes for an extensive sevenmile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

•Mondays at 8:30 a.m., Hike to Makapuu: Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.

• Tuesdays and Thursdays at 10 a.m., Lei Making: Pick your own flowers to use in making beautiful lei and enjoy

ancient Hawaiian folk tales and stories. •Wednesdays at 6:30 a.m., Bikram's Yoga: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour: Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•Wednesdays and Thursdays at 1 p.m., Kayaking Lessons: Master oceankayaking skills including water safety and efficient paddling techniques in this two-hour class.

•Thursdays at 9 a.m., Beach 101: The whole family can attend this fun class.

•Fridays at 1 p.m., Bodyboarding Lessons: Learn how to catch and ride the waves. Free day rental of boogie board is included.

Hawaii Marine Accepts Faxes

Advertise sports and recreational activities in the Hawaii Marine.

E-mail items to editor@hawaiima rine.com



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comment of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Are the Boston Red Sox cursed?

Capt. K. D. Robbins The Professor

Here's the situation: The Patriots win the Super Bowl, again. The Patriots have a parade in Boston, again. The Celtics have discipline problems with Vin Baker, again. And, the Boston Red Sox lose a Hall of Fame superstar, again.

I don't understand this city. The Patriots win the greatest championship in all of sports, and within 48 hours, the community acts like a bunch of high school punks from Southie when they ignore the Patriots' glory to start talking about the BoSox' chances of taking the Yankees in 2004.

The problem is that even with the best 1-2 starters in the game (Pedro Martinez and Curt Schilling), Boston won the pitching battle, only to lose the Alex Rodriguez war.

Furthermore, they lost the war over \$2 million per year. I just can't fathom how the same organization that gave up Babe Ruth could make the same mistake twice.

New York Steinbrenners. This is simply a case of stupidity on the part of the Red Sox organization. To haggle over \$2 million a year for a guy that makes over \$20 million a year is preposterous. Better yet, to do it in clear conscience, knowing that your arch rival is waiting like a pit bull with a deep pocketbook to put the two-time

MVP into Yankee pinstripes is crazy.

Finally, to ostracize your own All-Star shortstop along the way, when all the while you could have simply asked A-Rod to play third is the icing on the insanity cake.

The Red Sox are officially the dumbest organization in sports. They don a payroll far above any other major league team, with the exception of the Yankees, while year in and year out, they paint George Steinbrenner and the Yankee organization out as baseball's infamous "evil empire."

Meanwhile, the true irony is that the Red Sox play the same moneyspending game; they just don't do it as well as Mr. Steinbrenner.

Bottom Line: Another day, another season in the American League East. The Yankees will win the division, most likely earning home field advantage throughout the playoffs.

The Red Sox will fight for a wild card birth, only to fall short of taking the pennant, again. But, that is par for the course.

Boston fans, don't hate the Yankees; Forget my personal opinion on the hate your ownership. It is dumbfounding that 20 years from now, the Yankees will place yet another former/potential Red Sox player's jersey in Monument Park inside the "House that Ruth built," again! Can it get any worse?

> Hey Boston, Manny Ramirez is a New Yorker; maybe he could be a Yankee too.



Sgt. Joe Lindsay The Goat

If Boston Red Sox management were in the business of making movies, they would have produced sequels to "Glitter" and "Gigli" by now. They just can't quite get it right. The Alex Rodriguez in pinstripes fiasco is nothing more than the Red Sox simply bean the Red Sox.

Now, don't blame the city. Boston is a great sports town. Most cities with a high per capita of alcoholics are. Don't blame George Steinbrenner either. Blaming Steinbrenner for signing A-Rob, err, Rod, makes about as much sense as blaming Marlon Brando for having seconds at a Panamanian all-youcan-eat taco stand.

Steinbrenner is just trying to win another World Series for New York, and if he can crucify Boston at the same time, so be it. Unfortunately for Steinbrenner though, World Series cannot be bought. They have to be earned on the field. Just ask the Diamondbacks, Angels, and Marlins — winners of the last three.

But in a plot twist that could even garner Ben Affleck an Academy Award, this whole A-Rod deal could actually be good for Boston. For one, it takes all the pressure off of them, and puts it squarely back on New York.

If the Yankees don't win the

World Series in 2004, everybody knows Steinbrenner will take more heads than Henry VIII. Not exactly the best working environment.

Also, with A-Rod (arguably the best shortstop in history) moving to third base, it is only a matter of time until Derek Jeter bobbles a couple balls and everyone starts screaming to put A-Rod back at short. Or what if Jeter gets injured and misses a couple games, allowing A-Rod to shine at his natural position? It all adds up to more controversy and pressure.

If anybody can handle that pressure it is the Yankees, but still, it is a heavy burden and has all the makings for a monumental implosion.

Bottom Line: The A-Rod/Jeter pairing has the potential to be one of the greatest tandems in sports history. It could also be a recipe for disaster. A-Rod and Jeter have a relationship that makes Ben and J-Lo's look stable, and even though they are putting up a united front, the truth is they have been making derogatory remarks about each other for years.

The Yankees are clearly gluttonous. Boston needs to get hungry, and not just lunchtime hungry. They need to have a trapped-in-the-Andes-on-a-crashed-plane gnawing hunger. And then, and only then, will the Yankees have to eat crow.



.... two male chauvinist pigs with blinders!"

Both the Professor and the Goat are waaaaaaayyyyyyyyy off the mark with UH athletics! The only thing going up at UH football is June Jones'

When was the last time the football or the basketball teams won a respectable bowl or playoff game? Don't get me wrong; I love football and

basketball. But if you're going to write an article with unbiased reporting or opinions, then get it right. Your opinions sound like nothing more than two UH's volleyball teams! male chauvinist pigs with blinders!

The real teams, that are and have been on top of their games for several years, are the men's and women's volleyball teams! They have been constant role models, athletes, citizens, and a force to be reckoned with.

Next time, let's give a little love to

— Juan Rivera Chicago





spotlight on health

Infant teeth need proper care

Water is the only safe nighttime bottle beverage

Navy Lt. David Prusakowski 21st Dental Company

Part III of IV

The 21st Dental Company encourages service members, their families and DoD personnel of Marine Corps Base Hawaii to take actions now to help prevent oral health diseases. In Part III of this four-part series during February's National Children's Dental Health Month, the 21st Dental Co. takes a look at baby bottle tooth decay.

What is baby bottle tooth decay?

Baby bottle tooth decay is caused by the frequent and long-term exposure of a child's teeth to liquids containing sugars. Among these liquids are milk, formula, fruit juice, sodas and other sweetened drinks.

The sugars in these liquids pool around the infant's teeth and gums, feeding the bacteria that cause plaque. Every time a child consumes a sugary liquid, acid attacks the teeth and gums.

After numerous attacks, tooth decay can begin. Also, the condition can begin and is associated with breastfeeding of infants who have prolonged feeding habits, or with children whose pacifiers are frequently dipped in honey, sugar or syrup.

The sweet fluids left in the mouth increase the chances of cavities while the infant is sleeping.

How can I prevent baby bottle tooth decay?

Never allow children to fall asleep with a bottle containing milk, formula, juice or other sweetened liquids. Clean and massage the baby's gums to help establish healthy teeth and to aid in teething.

Wrap a moistened gauze square or washcloth around the finger, and gently massage the gums and gingival tissues. This should be done once a day.

Plaque removal activities

should begin upon eruption of the first baby tooth. When brushing a child's teeth, use a soft toothbrush and a pea-shaped amount of fluoride tooth-

Parents should first bring their child to the dentist when the child is 6 to 12 months old.

Will changes in my child's diet help prevent baby bottle tooth decay?

Preventing baby bottle tooth decay involves changes in a child's diet. A series of small changes over a period of time is usually easier, and eventually leads to better oral health. To begin to incorporate these changes:

• Gradually dilute the bottle contents with water over a period of two to three weeks.

•Once that period is over, when you give your child a bottle, fill the bottle with water or give him or her a clean pacifier recommended by a dentist.

The only safe liquid to put in a bottle to prevent baby bottle tooth decay is

See BOTTLE, C-6

Five easy rules can boost children's dental health

Dr. Richard P. Mungo NAPS Featurettes

This childhood disease strikes every day, yet it often goes unnoticed and untreated for years. Its effects begin in infancy and continue through the years, robbing our children of more than 51 million school hours every year.

What is this disease? Tooth decay. According to the U.S. Surgeon

General, it is the most common childhood disease. It is five times more common than asthma, and seven times more common than hay fever.

As part of an innovative program to enhance a child's overall health, Healthy Smiles for Kids of Orange County is helping spread the message. A project of the Children and Families Commission of Orange County in California, Healthy Smiles is aimed at even the youngest children, and provides information to help parents better care for their children's oral health. Research shows that good oral hygiene plays a more important role than we ever imagined in a child's long-term health, success and self-esteem.

The fundamentals of children's dental health can be summed up in five simple rules:

1) Care for your baby's oral health, even before baby teeth come in. The first step toward a healthy mouth for a lifetime is getting an early start. It's easy: Using a damp washcloth, softly wipe your infant's gums after every meal. When your child's first tooth appears, switch to a soft toothbrush.

2) See the dentist sooner rather than later. Schedule an appointment with the dentist anytime after the appearance of your child's first tooth, which usually arrives before his or her 9month birthday. Parents who are already wiping their child's gums after meals will enjoy an extra advantage at that first visit to the dentist, since their babies will already be accustomed to the feeling of someone else's fingers inside their mouths.

3) Make certain your baby gets the right amount of fluoride. We all know that fluoride prevents tooth decay, but too much fluoride can cause discoloration of a child's teeth. To avoid excessive fluoride, use baby tooth cleaning products instead of fluoride toothpaste for children under age 2. For children between the ages of 2 and 8, use no more than a pea-sized drop of fluoride toothpaste.

Finally, avoid fluoride supplements unless you know all the sources of fluoride (water, formula, infant dry cereals) your child already takes in. This can be established in consultation with your pediatric dentist.

4) Establish good brushing habits. Just like adults, children should brush their teeth and gums at least twice a day. Small children do not possess the dexterity to brush as well as adults. Parental supervision is very important.

Flossing should begin when the spaces between the baby molars, usually at age 4 to 5 years. Teach children that they must floss regularly, and show them how to go between and around





Photo Courtesy of 21st Dental Co.

Members of the 21st Dental Company gave a presentation to Mokapu Elementary's kindergarten class about brushing, flossing and eating the right foods to maintain a

Walkers are a step closer to better health

NewsUSA Featurettes

What would you say if someone told you there is a way to exercise that doesn't require a pricey gym membership or athletic skill, and that is actually relaxing? No doubt, your answer would be "Sign me

Walking is the most popular form of exercise, but may be taken for granted since it is an act that many of us do each day without considering it as an aerobic activity. However, the results of walking are physically rewarding, leading to a trimmer body and enhanced general health.

One of the wonderful aspects of starting a walking routine, known as exercise walking, is that it can be done almost anywhere and at any time, regardless of the weather. You can walk to the store, in a mall, around your neighborhood, with your dog, with a group of friends or on your own. In addition, walking is a great form of exercise for those who have a long history of inactivity, problems with obesity or who simply don't like strenuous activity.

Before you get started on your new walking routhe American tine, Podiatric Medical Association recommends finding sensible, comfortable walking shoes to ensure proper foot health. Wear thick, absorbent socks and footwear that is stable from side to side and well cushioned.

Since buying shoes is the only real monetary investment you need to make for your walking regimen, don't try to cut costs. Buy your shoes for quality, comfort and fit.

If you are free of any serious health problems, then your walking routine is ready to hit the road immediately. The APMA suggests a checkup if you have any diseases, disabilities or are taking medications.

A medical exam is recommended if you are 35 to 60, substantially overweight, easily fatigued, an excessive smoker or

physically inactive.

The APMA has a few tips for

getting started: •Begin by taking 20-minute

walks, moving at your own pace, but brisk enough to make your heart beat faster.

Walk with your head and back straight and stomach tight, keeping your legs out front and knees slightly bent.

• As you're walking, try to land on the heel of your foot and roll forward to push off on the ball of your foot.

•Don't forget to cool down by stretching at the end of each session.

For more advice on starting a walking program, and a list of shoes that have the APMA Seal of Acceptance, log on to www. apma.org.

To burn off one plain M&M candy, you would need to walk the full length of a football field.

— The Cambridge Public Health Department



Jason Frier, a signals intelligence officer with 3rd Radio Bn., gets some exercise Tuesday by going for a brisk walk.

RUN, From C-1

very pleased afterwards.

"I was afraid this run would be like most PT [Physical Training] runs: dull and monotonous," he said, "but when I saw all the people cheering for us, I got really excited."

The first place winner in the male division was Kalid Abdalah, of Berkeley, Calif. It was the second victory in a row for the 24 year old, who finished with a time of 40:54.

First in the female division was Chelsea Smith, 19, who finished with a time of 47:49.

Next President's Day, the military will participate again, proudly chanting their cadences, and giving everything they have to motivate others around them.

"Just hearing the cadence gave me all the strength I needed to make it to the end of this race," said Kentucky native Angus McGregor, a retired veterinarian. "My father was in the military, and even though he's passed on, it felt as though he was right there. I didn't even feel tired anymore when I heard it."

RULES, From C-4

their teeth with the floss.

5) Practice good nutrition for healthy teeth and gums. We do not recommend that you put your baby to bed with a milk bottle, but if you do, use only water, not milk, juice or sugar water.

Just like hard candy sweets, anything but water can contribute to tooth decay, especially when the child falls asleep with the drink still in his or her mouth.

Parents interested in more information may visit the American Academy of Pediatric Dentistry Web site at www.aapd.org, or the Children and Families Commission of Orange County's Web site at www.occhildrenandfamilies.com.

(Editor's Note: Dr. Richard P. Mungo serves as a charter member of the Board of Directors of Healthy Smiles for Kids of Orange County. He is a faculty member at both the University of Southern California and the University of California Los Angeles.)

CHEERLEADERS, From C-1

us to understand better how our military services live. It allows us to see what hard workers they are, and we really appreciate that."

The complete Titans cheerleading squad has a total of 42 members: 34 ladies and eight men, which is unusual for an NFL team, according to the cheerleaders.

"There aren't that many men cheerleading in the NFL, but the audiences really give the male cheerleaders a lot of support and attention," said LaVerne, a Titans cheerleader.

As the cheerleaders move on to a five-week tour of Japan, Guam and Korea, they said they would miss the good times they have had here in Hawaii.

"We really appreciate everything the Marines have done for us on this trip; it's been incredibly rewarding for all of us," said Kelley, a Titans cheerleader. "We've had great experiences at all of Hawaii's military bases, and the hospitality has been great."



Sat Joseph A

Tennessee Titans Cheerleaders teach youngsters some moves at a clinic held in the Semper Fit Center.

GYMNASTS, From C-1

placed at the state level. Khianna Haley was awarded eighth place in the vault competition for the 7-year-olds, and Kelsie Barnes was awarded eighth place in vault for the 8-year-olds.

All four of the team members placed during the competition in the 9-plus age team, ending the competition with the K-Bay gymnastics team in the top eight in every event. Alexis Miller won eighth place in the overall competition, making her the state champion for 2004 in the age 9 category. Valerie Murphy won fourth place in the age 10 category.

According to their coaches, the most important achievement for both K-Bay gymnastics teams was getting promoted to the fifth level. The young gymnasts proved that they are worthy of that title.

BOTTLE, From C-4

Why should I be worried about baby bottle tooth decay?

Giving an infant a sugary drink at nap or nighttime is harmful because, during sleep, the flow of saliva decreases, allowing the sugary liquids to linger on the child's teeth.

If left untreated, pain and infection more about tooth decay.)

can result and severely decayed teeth may need to be extracted. Also, if teeth are infected or lost too early, your child may develop poor eating habits, speech problems, crooked teeth and damaged adult teeth.

Healthy baby teeth will usually result in healthy permanent teeth.

(Editor's Note: Next week, look for more about tooth decay)

1/12, From C-1

bringing the Titans within reach at 6-3.

The fourth inning belonged to 1/12, as Moreira put one more point on the board with an RBI grounder up past second base, keeping the Titans down, 7-3.

After a couple wild pitches, 1/12's Moreira brought in a fresh arm with Vince Schuld. But Schuld, with runners already on base, had some trouble keeping the Titans scoreless as they tacked on a few to bring the score to 8-5.

Balcom kept 1/12 hitless in the sixth, giving HQBN another chance to even the score. A series of wild pitches, infield errors and bunt advances put the Titans in great scoring position in the bottom of the sixth, as "Bobby Anchor" brought in Chris Carpentier on an RBI grounder, putting the Titans in striking distance at 8-6.

The seventh inning was full of suspense, as 1/12 put one more on the score, forcing the Titans to score three to tie.

With runners on second and third, and the tying runner at the plate — two outs and two strikes, David Borrego hit a deep line drive to center field that looked clean enough to bring in some runs for the Titans. Their hopes were shot down by 1/12's Witt on a diving catch, ending the game.

"I had to reach with everything I had," said Witt after the game.

Both teams put up an awesome display of teamwork that made for an exciting game, right down to the end.

Schuld did a great job finishing up the game," said Moreira. "The game shouldn't have even been this close, but too many errors let the Titans get closer than they should have been."